Glogster

English class- When students have independent reading time, have the ride a stationary bike or walking on a treadmill will help them get them be more physical active without cutting into valuable english time.

Health class: By starting the class with a quick yoga session, or free activity time will get the “Juices flowing.

History- Historically people didn’t have to incorpate “physical activity” time in their lives because everything they did was physical active.

Science Class- Having the students create their own gardens will incorporate physical activity by: ‘

* having them dig up dirt to use in with the soil
* having students haul the water used in the irrigation on the soil
* having the students puts in seeds with hands instead of tools
* having students build the boxes in which they put their plants in

Math Class- Data can be created in a number of ways. If the students are learning how to make graphs and tables have them be incorporated in the data by seeing how many times a student can jump rope (have them find the mean, the range, the median). If students are learning about triangles, have a big triangle taped out in the

Physical active students will make an influence on their parents which in turn will be an impact on the community in which their school is apart of.

Stats